



## \*Intense Study Sessions

<b>1</b>	<b>Set a Goal</b>	(1-2 min)	<b>Decide what you want to accomplish in your study session</b>
<b>2</b>	<b>Study with Focus</b>	(30-50 min)	<b>Interact with material</b> - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
<b>3</b>	<b>Reward Yourself</b>	(10-15 min)	<b>Take a break</b> – walk around, get a snack, relax
<b>4</b>	<b>Review</b>	(5 min)	<b>Go over, summarize, and wrap-up what you studied</b>



Revision of Bloom's Taxonomy of the Cognitive Domain (Bloom et al., 1956 Forehand, M. . (2005). Bloom's taxonomy: Original and revised. In M. Orey (Ed.), Emerging perspectives on learning, teaching, and technology

